OWEN WILSON MUM ABOUT BABY
UNTIL NOW — SON BORN ON WEEKEND {page 8}

PROSE THERAPY
HOW WRITING ABOUT YOUR ANXIETY CAN MAKE IT GO AWAY {page 13}

VENGEANCE
JETS TAKE DOWN PATRIOTS
SPORTS {page 14}

VANCOUVER metro®
Monday, January 17, 2011
www.metronews.ca
News worth sharing.

Gold. Swan

▶ Natalie Portman poses with her award for best performance by an actress in a motion picture (drama) for Black Swan at the 68th Annual Golden Globe Awards held at the Beverly Hilton hotel last night in Beverly Hills, Calif. More coverage, page 6.

KEVIN WINTER/GETTY IMAGES

Portman wins statue for Black Swan

Rough arrest elicits fallout

Abbotsford police say Mountie should be charged {page 3}

Driven Wild with frustration

Canucks lose in Minnesota yet again {page 14}

Hosts look to OWN airwaves

Vancouver's Anna and Kristina's Grocery Bag part of Oprah's TV revolution ◐ Show features personalities testing cookbooks, sometimes with hilarious results

MATT KIELTYKA
@METRONEWS.CA

The Oprah Winfrey Network invasion is underway south of the border, and two Vancouverites are helping lead the revolution.

Hosts Anna Wallner and Kristina Matisic have been on the tube for years with shows like the Shopping Bags and Grocery Bag.

And though their shows air internationally, their stock rose exponentially this year as their cookbook-review show, Grocery Bag, was launched on OWN.

"It's not just another TV deal for us — it's a very significant one," said Wallner. "People watch Oprah very closely, and to be on her network is a huge deal."

The hosts have been keeping close tabs on the feedback that their show has garnered in the U.S., and they're pleased with the positive response.

No matter how much exposure the women get, there are no plans to leave the city they call home.

"Vancouver is our base. Why would we want to leave?" Matisic said.

Viewers in Canada can catch Anna and Kristina's Grocery Bag on the W Network.

CONTRIBUTED

▶ Vancouver TV hosts Anna Wallner, left, and Kristina Matisic are riding high after their popular show, Grocery Bag, was picked up by Oprah's OWN network.

Finally, a New Year's resolution you can keep.
2011 RESOLUTIONS
Eat healthy?
Go to gym?
GET LASIK!
LASER VISION CORRECTION
Starting at $490
FINANCING
5 YEARS TO PAY NO $ DOWN
LASIK MD VISION
FREE Consultation: 1-877-663-9888
www.lasikmd.com
VANCOUVER: 1281 Georgia Street West, Suite 101
St. John's | Halifax | Québec | Montréal | Ottawa | Toronto | Winnipeg | Saskatoon | Edmonton | Calgary | Nanaimo

MONDAYS

8pm

Little Mosque on the prairie

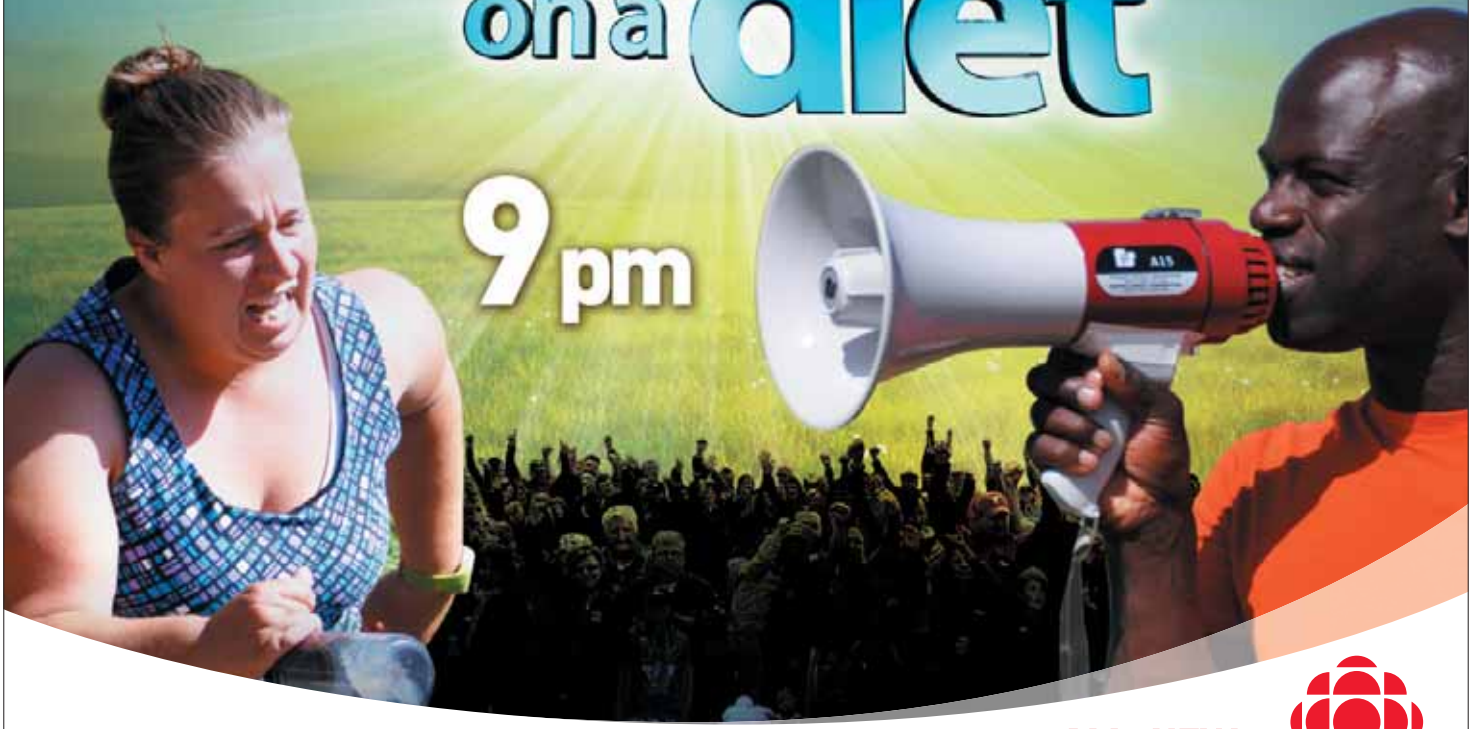
18 to Life

8:30pm

"must-see TV in 2011" – *The Globe and Mail*

village on a diet

9pm



ALL-NEW Tonight

CBC

cbc.ca

Pedestrian killed in West Side collision

A woman in her 30s was struck and killed while crossing the street near West 10th Avenue and MacDonald Street early yesterday morning.

The victim was following a friend eastbound across 10th Avenue just before 3 a.m. when a BMW hit her, witnesses told police.

According to Const. Jana McGuinness, media liaison for the Vancouver Police Department, the driver of the vehicle remained at the scene and is co-operating to help determine the exact cause of the accident.

It is not yet known if poor weather conditions played a role in the fatal collision.

NATALIE KAUR JOHAL

Third fatal avalanche in deadly weekend

A man was killed yesterday when an avalanche hit a group of skiers in a British Columbia park — the third slide in a deadly weekend on B.C. and Alberta mountains, where forecasters had warned of precarious conditions.

The latest slide happened yesterday in Kokanee Glacier Provincial Park, about 30 kilometres north of Nelson.

Cpl. Dan Moskaluk of the RCMP said the man was in Kokanee Glacier Provincial Park with a group of 15 skiers when the avalanche struck.

THE CANADIAN PRESS

Bird. Caged

▶ Andre Silva takes a peek at the crowd while pinning opponent Jesse Bird against the cage at Battlefield 5, an amateur mixed martial arts show at Richmond's RiverRock Casino Saturday night.

MATT KIELTYKA/METRO

Pressing business of mixed marital arts

Mountie faces charges

Alleged victim on leave from job at Harvest Golf Course to recover from brain injury ◐ Says boss told him to use gun to scare geese off greens

KRISTEN THOMPSON
@METRONEWS.CA

Abbotsford police are recommending assault charges against a Kelowna RCMP officer accused of kicking a compliant suspect in the face during an arrest.

A bystander recorded the incident on Jan. 7, when Buddy Tavares, 51, was pulled over in his truck and arrested for firing a gun at Harvest Golf Course.

Const. Geoff Mantler has been placed on leave with pay while the Abbotsford Police Department investigates.

About 300 supporters of Tavares held a rally in Kelowna yesterday, protesting the actions of the officer.

Kelowna Supt. Bill McKinnon said senior members of the RCMP "hear loud and clear what the general public's views are in relation to the video."

"I urge everyone to remain calm, make their point, and allow the legal processes that are in place to come to completion," he said, adding he was concerned about possible civil disobedience during the rally.

Incident recorded

- Video shows Buddy Tavares getting out of his truck with hands in the air, lowering himself onto the ground, then being kicked in the head.
- Abbotsford police are acting as independent body investigating the incident.
- Investigators interviewed around 40 witnesses.

QUICK MESSAGING DEVICES

pepper wireless | fido

Starting at $0**
and pay no activation fee!*

LG Gossip
Sony Ericsson Vivaz Pro

Vancouver Locations
1st Ave Market
3189 Main Street
Broadway and Cambie

Shopping Mall Locations
Aberdeen Centre, Rmd
Lansdowne Centre, Rmd
Yaohan Centre, Rmd

Shopping Mall Locations
Central City Centre, Surrey
Crystal Mall, Burnaby
Royal City Centre, New West

Offer subject to change without notice. **Phone price shown for new activation with a Fido Agreement, early cancellation fees apply. *Valid on new activations with 2- or 3-year Fido Agreement. A credit for the entire amount of the $35 Activation Fee will appear on your first invoice. ™Fido & design are trademarks of Fido Solutions Inc., used under license. All other brand names and logos are trademarks of their respective owners. © 2011 Fido Solutions Inc.

The Bloodmobile in your neighbourhood:

SAFEWAY
MONDAY JANUARY 17
1170 EAST 27TH ST, NORTH VANCOUVER
10:00 am - 4:15 pm

SAFEWAY
FRIDAY JANUARY 21
4440 EAST HASTINGS STREET, BURNABY
10:00 am - 4:15 pm

1 888 2 DONATE (1-888-236-6283)

metro | SAFEWAY

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Vancouver Whitecaps GM tells It's Called Football about their choice to make Omar Salgado their first overall pick. More at metronews.ca/blogs

Follow us on Twitter @vancouvermetro

Memories of Arizona shootings haunt U.S. on Martin Luther King Day. Scan code for story.

CANADIANA FOR THE MASSES

History just a click away

Call it the Google of Canadian history.

The Canadiana Discovery Portal is an ambitious new search engine that combs through more than 60 million pages of information from archives across the country. From old postcards to sheet music, the portal, at beta.canadiana.ca, gives access to 14 institutional collections in both French and English.

Unlike traditional academic search engines, this one has been designed for ease of use.

"It's more Google-like," said Ron Walker, executive director of Canadiana.org, the organization that is spearheading the portal initiative.

"We think by making interesting content accessible, it will generate more interest from the public."

THE CANADIAN PRESS

Early Sudan vote leans to secession

Preliminary results yesterday of Southern Sudan's weeklong independence referendum suggested a huge vote for secession. The vote could split Africa's largest country in two at the divide between Sudan's Muslim north and Christian and animist south.

THE ASSOCIATED PRESS

Club Fed, Russian-style

Russia's notorious Butyrskaya prison will soon offer inmates a new perk: Tanning beds. The tanning beds are meant to compensate for inadequate sunlight in the cells, said Viktor Dezhurov of the federal prisons service. Inmates will have to pay 10 rubles (33 cents) a minute. THE ASSOCIATED PRESS

Gunfights rock Tunis after president flees

CHRISTOPHE ENA/THE ASSOCIATED PRESS

▶ Two men try to remove a torn portrait of former Tunisian president Zine El Abidine Ben Ali yesterday in Tunis.

◗ Some calm returned as stores reopen ◗ Ben Ali's family targeted

Tunisian authorities struggled to restore order in Tunis yesterday, arresting the head of the presidential guard and trying to stop the looting, arson and gunfights that have erupted across the capital since autocratic former president Zine El Abidine Ben Ali fled to Saudi Arabia on Friday.

Tensions appeared to be mounting between Tunisians buoyant over Ben Ali's departure and his loyalists, who stand to lose major perks.

More than 50 people were arrested yesterday on suspicion of using ambulances, rental cars and civil protection vehicles for drive-by shootings, a police official said. Prime Minister Mohammed Ghannouchi is working to form a national unity government.

THE ASSOCIATED PRESS

Night in Tunisia

- Dozens of people have died in a month of clashes between police and protesters angry about the repression and corruption of Ben Ali's rule — unrest that ultimately marked the end of his 23-year regime.
- Businesses owned by Ben Ali's family were major targets of looters. The family of the ex-president's wife, Leila Trabelsi, has financial interests from banking to car dealerships. A branch of the Zeitouna bank in Tunis founded by Ben Ali's son-in-law was torched, as were vehicles made by Kia, Fiat and Porsche — brands distributed in Tunisia by members of the ruling family.

Interest rate may lift loonie

The loonie could find lift tomorrow when the Bank of Canada is expected to keep its interest rate at one per cent. The currency could find increased buying interest depending on what the bank says about economic conditions and raising rates during 2011.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 62.58 (13,464.06)	– 0.02¢ (101.07¢ US)	+ 14¢ US ($91.54)	$4.490 (+ 71¢)

Gold contracts $1,360.50 (– $26.50)

A NEW YEAR, A NEW YOU!

MAKE YOUR HAIR LOSS A THING OF THE PAST.

Make an appointment for Microscopic Hair Analysis TODAY!

MICRON LABORATORIES Since 1985

BBB BC Mainland A+

VANCOUVER
604-730-1744
#228 - 973 W. Broadway (Broadway & Oak)
micronvancouver@shaw.ca
Mon. 11am – 9pm • Tues. to Fri 11am – 7pm • Sat 10am – 3pm
Toll free: 1-877-784-HAIR (4247) • www.micronlabs.com

KAMLOOPS • KELOWNA • TORONTO • VICTORIA • VANCOUVER

THE FIREPLACE WAREHOUSE

Winter is only just getting started!

Introducing Regency Fireplaces CLEARANCE SALE Jan. 12 to Feb. 22

Heat up your home now with a Tasman Grand or Tasman Champion gas insert; the only fully electronic inserts on the market, and with their high efficiency ratings just two of our many EnerChoice™ approved fireplaces.

#105 - 11091 Bridgeport Rd, Rmd • 604-231-8923 • thefireplacewarehouse.ca

Receive $150 rebate on an EnerChoice™ fireplace.

terasengas.com/enerchoice
Some restrictions apply.

Terasen™ Gas

TRUTH CAN BE STRANGER THAN FICTION

Urban Compass

PAUL SULLIVAN

One of the scariest books ever written is 1984 by George Orwell.

Although it doesn't feature a single vampire, it does imagine a world in which the state messes with your head, mostly through a department called the Ministry of Truth, which tells state-approved lies.

And once a Ministry of Truth lie is told, teams of busy little bureaucrats immediately get busy and rewrite history, so even if you remember the truth before the lies, it won't be long before you doubt your own memory since any trace of evidence is wiped from the face of the Earth.

OK, it's not 1984, but the Ministry of Truth 2011 is called the Canadian Broadcast Standards Council, which decreed last week that all its members, including all the music stations in Vancouver can no longer play Money For Nothing, the Dire Straits hit that rocketed to No. 1 in 1985.

Apart from having one of the best guitar riffs ever, Money For Nothing is a satiric lament by a truck driver on the mysterious capacity of rock stars to become millionaires by playing guitar on MTV.

Here's the offending passage: "See the little faggot with the earring and the makeup. Yeah buddy that's his own hair. That little faggot got his own jet airplane. That little faggot he's a millionaire."

"As far as the Ministry of Truth is concerned, it is now and forever homophobic, even though its basic sentiment is the exact opposite."

The problem is the word "faggot." Anyone who actually listens to the song realizes it's not "homophobic," but a reflection on the clash between outdated working class prejudices and pop culture.

Since the Ministry of Truth isn't into truth, it has banned Money For Nothing unless the offending word is edited out. No joke. It may have been a golden oldie for the last 25 years, but from this day forward, it is stricken from the airwaves, forever.

Pop music is, by its nature, provocative and offensive. Where do you draw the line? If you scratch the F word and the N word and the C word and the other F word from the lyrics of the rock, pop and hip-hop artists of the last quarter century, the only thing left on the radio will be Lawrence Welk.

Talk about offensive.

All it takes, apparently, is for someone to complain. Somebody in Newfoundland complained about Money For Nothing and that was it. As far as the Ministry of Truth is concerned, it is now and forever homophobic, even though its basic sentiment is the exact opposite.

Hear that? That empty silence? That's what censorship sounds like. Scary, eh?

Cartoon

MICHAEL DE ADDER

Work is meant for work

Letters & Tweets

[illegible] d when your boss is out of the office?

@Ren_Thompson: I actually get my work done ;)

TORONTO. I work. That's what I'm paid to do. No matter who's in the office, and I'm thankful I have a job. **DAVID HEWITT**

We asked: Which one of your habits do you wish you could break?

@DeeDeeNewell: wish I could be more patient

@dallas_price: biting my fingernails, counting steps as I walk up them, eating chocolate so much and drinking tea everyday.

We asked: What is your favourite time of the day?

TORONTO. I would have to say that the best time of day for me is when I leave my work. There is nothing better than knowing I am heading home to spend time with my boyfriend, calling my mom and dad or chatting via email with my friends. Work is work and no matter how much pressure you get to work long hours (I so know this), nothing feels better than saying, "No, I need to spend time with my loved ones!" Like I said, best time of the day is with people I love! **KELLY PAGLIS**

Focus on the job at hand

Do you think the CRTC's decision on misleading news will impact Canadian media?

Email
vancouverletters @metronews.ca
Twitter
@vancouvermetro

Metro has the right to edit letters and submissions.

metro

METRO VANCOUVER • #250 - 1190 Homer Street • Vancouver, BC • V6B 2X6 • T: 604-602-1002 • Fax:604-648-3222 • Advertising number: 604-602-1002
metronews.ca/vancouver/advertise
metronews.ca/vancouver/contactus
Publisher Maryse Lalonde, **Managing Editor** Jeff Hodson, **Distribution Manager** George Acimovic
METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute at Agokwe

Looking for something unique and exciting?

Agokwe, a one-man show that won six Dora Mavor Moore awards in 2009, begins a six-day stint in Vancouver. Agokwe means "wise woman" or "two-spirited" in Ojibwa and is a gay-themed tragic love story about two teenage boys on neighbouring reserves. Audiences will see how the boys live in small communities while marginalized by race and sexuality. Playwright Waawaate Fobister performs all the roles.

Agokwe begins 8 p.m. at the Historic Theatre at The Cultch (1895 Venables St.) and runs until Jan. 22. Tickets are $28. Visit thecultch.com for more info. **AYAKA KAWAI**

DAVID HAWE/CONTRIBUTED

▶ Waawaate Fobister in Agokwe.

2 scene

- Hollywood elite get together to celebrate the best in movies and television
- The Golden Globes hand out some hardware that could give a boost to some Oscar hopefuls
- Host Ricky Gervais keeps everyone on their toes with his quick, biting humour

Social Network takes top prize

Some people really know how to throw a party.

Each year the Hollywood Foreign Press Association brings the top stars from TV and film to a booze-soaked, black-tie dinner, invites them to catch up with colleagues as they collect accolades for their work, then puts the whole thing on TV as the Golden Globe Awards.

Last night's 68th annual ceremony unfolded at the Beverly Hilton Hotel's International Ballroom, where hundreds of stars, from Jane Fonda to Justin Bieber, took part in one of Hollywood's hottest parties of the year.

The Facebook tale The Social Network took the top honours at the Golden Globes with four prizes, including best drama and director, solidifying its prospects as an Academy Awards favourite.

Winning the dramatic lead-acting prizes were Colin Firth for the British monarchy saga The King's Speech and Natalie Portman for the psychosexual thriller Black Swan.

DAVID BROW/THE ASSOCIATED PRESS/THE LOWELL SUN

▶ Dicky Eklund, portrayed by Christian Bale in The Fighter, reacts to Bale's Golden Globe win.

Lead-acting honours for the Globes' musical or comedy categories went to Annette Bening for the lesbian-family story The Kids Are All Right and Paul Giamatti for Barney's Version, based on a novel by Canadian author Mordecai Richler. In his speech, Giamatti thanked the Richler family. He also gave a shout out to the film's "incredible" crew in Montreal, where the film was shot.

"It's going to be a night of partying and heavy drinking. Or as Charlie Sheen calls it — breakfast."
HOST RICKY GERVAIS IN HIS OPENING MONOLOGUE

"An incredible beautiful city which I dream about," Giamatti said. "An incredible place in a great nation, Canada. And I salute the great nation of Canada."

The boxing drama The Fighter earned both supporting-actor Globes for Christian Bale and Melissa Leo.

Katey Sagal and Steve Buscemi both won their first Golden Globes for top actors in television dramas, with Buscemi's Prohibition-era Boardwalk Empire on HBO also honoured as TV's best drama.

"I hope we do it for years and years and years," said Buscemi.

Boardwalk Empire won on its first year on the air, beating Mad Men, which had won the last three top drama awards.

THE ASSOCIATED PRESS

▶ Angelina Jolie was nominated for a Golden Globe for her role in The Tourist.

JASON MERRITT/GETTY IMAGES

HANDOUT

▶ Annette Bening took home a Golden Globe for best actress in a musical or comedy for her role in The Kids Are All Right.

▶ Ricky Gervais hosted the Golden Globes last night and took shots at the Hollywood elite, including introducing Bruce Willis as Ashton Kutcher's father.

News in brief

The Social Network keeps making friends, winning the Critics' Choice award for best picture and three other prizes.

But Inception led all films Friday night with six awards total, all in technical categories.

Best actor went to Colin Firth for his portrayal of King George VI, who overcame a stammer with the help of an unconventional speech therapist, in The King's Speech, while Natalie Portman won best actress for playing a ballerina who descends into madness in Black Swan.

The Social Network, which chronicles the origin of Facebook, also won for David Fincher's direction, Aaron Sorkin's adapted screenplay, and the score from Trent Reznor and Atticus Ross.

The boxing drama The Fighter won in three categories: Supporting actor Christian Bale, supporting actress Melissa Leo and best ensemble.

THE ASSOCIATED PRESS

Scan this code or visit metronews.ca/scene for more coverage of the Golden Globes

Look 10 years younger in 40 seconds

Nanoblur (Indeed Labs)
Not skincare. Not a cream.
Within seconds, pores and fine lines appear to vanish.

BEAUTY mark
YALETOWN
1120 Hamilton Street, #103
604-642-2294
www.beautymark.ca
BEAUTY mark
www.beautymark.ca

Car Accident Injury
Let us help you recover from ICBC.
Do NOT settle for less.
FREE Consultation
Percentage Fees Available
Call Steve Anderson 604-736-9791
Personal Injury Lawyer

find us
follow us
friend us
We're all over your city in more ways than one. Metro brings you breaking news and great reviews.
metro

HOME PHONE LINES

comwave®

ENHANCED

UNLIMITED LOCAL CALLING

ALL FEATURES FREE

$14.95/month

UNLIMITED CANADA

UNLIMITED CALLING TO CANADA

ALL FEATURES FREE

$19.95/month

ONE-RATE

UNLIMITED CALLING TO CANADA & U.S.A

ALL FEATURES FREE

$29.95/month

ALL FEATURES FREE

- VOICEMAIL
- CALL WAITING
- CALLER ID
- CALL FORWARDING

AND MUCH MORE!

LIMITED TIME OFFER!

6 MONTHS FREE

www.comwave.ca

1-866-543-5122

HOME PHONE LINES. VoIP 911 has certain limitations versus traditional 911. The rate of $14.95 is based on a 3 year term. Month to Month plans are available for only $5 per month more. All Unlimited Plans do not include calls to the Yukon, Nunavut N.W.T., Alaska and Hawaii. 6 Months Free - You have a 90-day Satisfaction Guaranteed FREE trial period. If you are not 100% satisfied, you may cancel your Phone service anytime within the 90 days with no further obligation. Terms and conditions apply, see www.comwave.ca for details.

Lohan possibly in the clear

Lindsay Lohan's worries about her scuffle in rehab with former Betty Ford Clinic employee Dawn Holland last month may be over, as Holland isn't interested in further legal action, according to TMZ.

"I do not desire Ms. Lohan prosecuted for the events of December 12, 2010," Holland says in a declaration to the district attorney investigating the case. "I will not answer any questions to any policing or prosecutorial agencies regarding the events of December 12, 2010."

METRO

▶ Lindsay Lohan

We're looking for
CANADA'S TOP 25 IMMIGRANTS!
TOP 25 2011 CANADIAN IMMIGRANTS
Presented by RBC
canadianimmigrant.ca

Nominations Now Open

Seeking to uncover and celebrate the stories and remarkable achievements of outstanding Canadian immigrants, this national people's choice award is the only one of its kind that recognizes individuals who've made a difference since their arrival in Canada.

If you know an immigrant who has made a positive impact – large or small – to the fabric of Canada, you can go online and nominate him or her today at canadianimmigrant.ca/top25.

canadianimmigrant.ca/top25

Presented by RBC Royal Bank®
Media Partners
Toronto Star
metro
星島日報

Surprise! It's a Little Wilson for Owen

Actor had kept pregnancy and relationship with girlfriend out of spotlight until recently

Owen Wilson is a dad. The actor and his girlfriend, Jade Duell, welcomed their first child, a boy, in Hawaii over the weekend, according to Us Weekly.

The Little Fockers star had kept both the pregnancy and his one-year relationship with Duell under wraps until a week ago. "Owen has had many girlfriends under the radar who no one knew about," a source says.

"He may have dated high-profile women like actress Kate Hudson and musician Sheryl Crow, but that is not the norm for him. He likes regular people." METRO

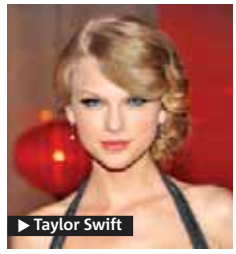
ALL PHOTOS GETTY IMAGES

▶ Owen Wilson and his girlfriend, Jade Duell, have a new baby boy.

the blues?

When Jake Gyllenhaal broke up with Taylor Swift, he reportedly did so over the phone, according to Us Weekly. "Taylor is really upset and hurt," a source says. "She doesn't know what she did for him to just put a stop to it. She feels really burned by him."

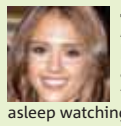
The phone call in question is said to have come right before the People's Choice Awards. "She was not her usual bubbly, overanimated self," the source says of Swift at the event.


▶ Taylor Swift

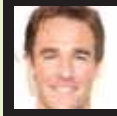
"She didn't eat anything, seemed very sad and definitely wasn't having a good time." METRO

Celebrity tweets

Eva Longoria [@evalongoria] Just so everyone knows i still have all my tattoos! Nothing is being removed, although i am always up for more tattoos!



Jessica Alba [@jessicaalba] Every time I fall asleep watching "I Survived" I think "why the heck do I subject myself to this?!?" -I'm addicted. It's a problem.



James Van Der Beek [@vanderjames] Neighbours who were jackhammering at 8am are now partying at 2:30am... I think I'll finish their jackhammering for them... tomorrow at 7am.

Steve Martin [@SteveMartinToGo] According to the new Zodiac sign dates, I am now a Kitten.

MAKE HEALTHY SKIN YOUR NEW YEAR'S RESOLUTION

Receive 40% OFF when you purchase any 3 laser hair removal or fotofacial RF™ treatments*

Dermal Laser has been recognized with numerous awards and is renowned for their highly trained Certified Laser Technicians and advanced laser technology. Start 2011 with healthy, glowing skin.

Come in for a **complimentary consultation** at any of our four Lower Mainland locations. Call **604.638.SKIN (7546)** or visit **dermallaser.com**

Over 13 years experience | Medical-Grade FotoFacial RF™ | Medical-Grade Peels | Skin Tightening | Physician-directed BOTOX® and Dermal Fillers | Laser Hair Removal | Microdermabrasion

WINNER, EXCELLENCE IN LASER HAIR REMOVAL CATEGORY

*Offer Expires January 31, 2011. Does not apply to physician services, physician-directed services or injectables. Not valid with any other offer. Offer only valid on treatments over $129. One offer per client.

Dermal LASER CENTRES

DAVID GOLDMAN/ THE ASSOCIATED PRESS

▶ Stacy Jones plays with her dog, Lady, a golden retriever mix whom Jones believes has a subtle sixth sense.

Do your furry friends have a sixth sense?

72 per cent of American dog owners say their pets can feel bad weather, and 47 per cent claim their pets have alerted them of bad news ◐ Scientists don't have answers

Lassie could always sense when Timmy was in trouble. Black Beauty knew the bridge was out.

Now two-thirds of American pet owners say they can relate, saying their pets have a sixth sense about bad weather, and 47 per cent say the same about bad news, according to an Associated Press-Petside.com poll.

Seventy-two per cent of dog owners said they've had weather warnings from their pets, compared with 66 per cent of cat owners.

For bad news, 47 per cent of dog owners and 41 per cent of cat owners said they've been alerted by their pets, according to the poll conducted by GfK Roper Public Affairs and Corporate Communications.

Pets online

Check out more info about animals and their sixth sense on the web.

- petside.com/sixthsense
- aspca.org
- petsaretalking.com

If a friend or relative comes to the door, Lady, a four-year-old golden retriever mix, doesn't even bother to get up, said Stacey Jones, 50, of Stone Mountain, Ga. But if it's a stranger, she goes on minor alert, she said.

Lady's sixth-sense tendencies are very subtle, said the Atlanta university writer and editor.

But 18 years ago, when Jones was ordered to bed toward the end of her pregnancy, her dog Silver "planted herself next to me and would not leave. She knew something was going on with the baby and it was her job to take care of the baby."

The reason? It's actually hard to know.

"A sixth sense is something we can't explain but we tend to trust. It's a matter of belief and faith," said psychologist Stephanie LaFarge, the senior director of counselling services for the American Society for the Prevention of Cruelty to Animals.

Scientists have suggested animals sense bad weather because of changes in barometric pressure or other factors, LaFarge said, and dogs anticipate seizures, low blood sugar or other medical problems because of hormonal changes.

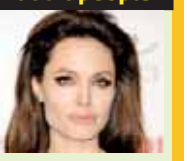
But they haven't figured out what alerts pets to earthquakes, bad news or other such events — or if it's all just in the eyes of their owners.

Kay Moore, 64, of Loma Linda, Calif., said she gets quake warnings from her dogs, Brie, a yellow Lab and great dane mix, and Lola, a 22-kilo basset hound. "They get very, very hyper," Moore said.

THE ASSOCIATED PRESS

3 life

Rabbit people



Luck is a clear theme when it comes to those born under the Chinese Zodiac sign of the rabbit, says Elizabeth VanderVen, a specialist on Chinese and eastern Asian culture.

This could be especially true this year because the 2011 rabbit year corresponds with the element of metal, symbolizing great wealth.

This we can make easy sense of: Johnny Depp is a rabbit. Same with Angelina Jolie and Brad Pitt.

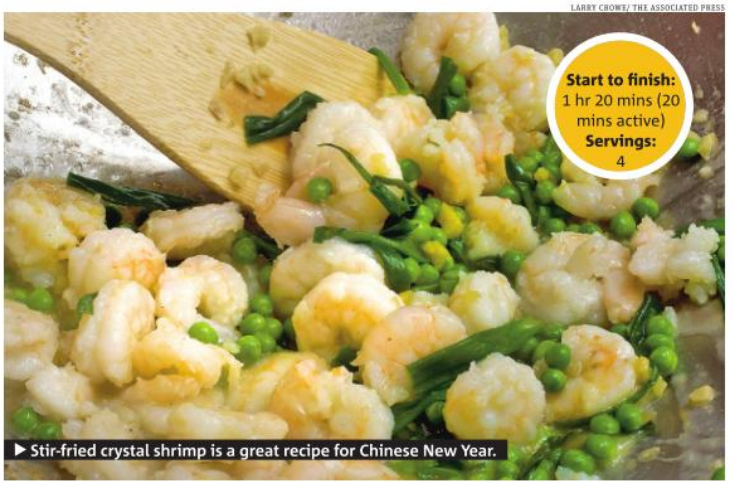
THE ASSOCIATED PRESS

U.S. study shows owners should check for cat stress before euthanizing pet for disease.

Stir-frying offers taste & health benefits

This Chinese technique calls for less oil, more veggies

LARRY CROWE/ THE ASSOCIATED PRESS



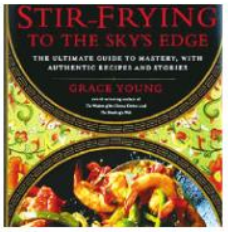
▶ Stir-fried crystal shrimp is a great recipe for Chinese New Year.

This year, how about a Chinese New Year's resolution? More stir-frying!

Grace Young, author of Stir-Frying to the Sky's Edge, says this Chinese technique, which involves cooking food quickly over high heat in small amounts of oil, is healthy because it calls for small amounts of meat and fat, but plenty of vegetables.

First, get a good wok or large skillet. Young recommends either a flat-bottom carbon steel wok or stainless-steel wok or skillet.

Next, be sure to heat the pan first, then add the oil, then food. Adding oil to a cold wok and then heating it will cause foods to stick.



In terms of oil, Young says it's important to choose one with a high smoke point, such as peanut or grapeseed.

This recipe for stir-fried crystal shrimp from Young's book is a tasty way to celebrate Chinese New Year. The shrimp represent happiness and laughter.

Preparation:

1. In a strainer, rinse shrimp. Sprinkle 5 ml (1 tsp) of salt over shrimp, then stir shrimp in a vigorous circular motion for about 1 minute.
2. Rinse shrimp under cold water, shake out excess water. Sprinkle another 5 ml (1 tsp) of salt over shrimp and repeat stirring and rinsing process. Set on paper towels. With more paper towels, pat dry.
3. In a bowl, combine shrimp, egg white and 15 ml (1 tbsp) cornstarch. Stir until cornstarch is dissolved and no clumps are visible. Put shrimp mixture uncovered in the refrigerator for 1 hour.
4. In a saucepan over high heat, bring 1.5 l (6 cups) water to a boil. Add 15 ml (1 tbsp) of the oil to the boiling water. Reduce heat to low. When water is barely simmering, add shrimp, gently stirring so that they do not clump together. Cook until shrimp just turn pink.
5. Carefully drain shrimp, shaking strainer to remove excess water.
6. In a small bowl, combine broth, rice wine, remaining 2 ml (1/2 tsp) cornstarch and pepper. Set aside.
7. Heat a flat-bottomed wok or skillet over high until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in remaining 15 ml (1 tbsp) oil; add ginger and scallions. Stir-fry for 10 seconds or until ginger and scallions are fragrant.
8. Add shrimp and peas, sprinkle on remaining salt. Stir broth mixture to recombine, then swirl it into wok. Stir-fry until shrimp are just cooked (2 minutes) and sauce just clings to shrimp.

THE ASSOCIATED PRESS

Ingredients:

- 500 g (1 lb) large raw shrimp, peeled and deveined
- 11 ml (2 1/4 tsp) salt, divided
- 30 ml (2 tbsp) egg white, lightly beaten (about 1/2 egg white)
- 15 ml (1 tbsp) plus 2 ml (1/2 tsp) cornstarch, divided
- 30 ml (2 tbsp) peanut or vegetable oil, divided
- 75 ml (1/3 cup) chicken broth
- 15 ml (1 tbsp) Shaoxing rice wine or dry sherry
- 0.5 (1/8 tsp) ground white pepper
- 3 slices ginger, smashed
- 3 scallions, halved lengthwise and cut into 5-cm (2-inch) sections
- 125 ml (1/2 cup) frozen peas, thawed

Making green

Young workers go green in paid environmental internship program

Wherever Britt Aberle ends up working in the future, chances are it won't be for a company that values dollars over environmental sense or human need.

"I think the work that I do in life should contribute to the world in some way," says the 24-year-old Calgarian, who holds a bachelor's degree in social work. "I don't really see myself working anywhere corporate or that doesn't have an environmental, social justice or community focus."

▶ Judy Murphy stands outside the urban ecology centre where she works as a translator in Montreal.

Since December, Aberle has been interning at a bike shop in downtown Calgary as part of a national program that places post-secondary grads in jobs that are environmentally or community minded.

The Youth Eco Internships started in September 2009 as an opportunity for young people aged 15 to 30 to work within the non-profit and community services sector. Last September, a second program was launched for post-secondary graduates up to 30 years old and expanded to include the private sector.

The internships have given a number of youth a foot in the door.

At the Montreal Urban Ecology Centre, intern Judy Murphy has just wrapped up an intensive project: translating a 5,000-word report from French into English.

Established in 1996, the non-profit, independent centre is focused on creating sustainable urban development through a variety of projects, including promoting active transport. Murphy was searching for job opportunities after receiving a certificate in translation from McGill University when an acquaintance mentioned the internship program.

The 24-year-old, who calls her experience at the centre a "one in a million opportunity," jumped at the chance to work in her field while learning about something that affects her everyday life.

"To have opportunities like this is essential to encourage that kind of thought," she says. "We need to be thinking about what's happening to our environment."

THE CANADIAN PRESS

Statistics

It hasn't been announced yet if the program will continue beyond this year.

- **How many?** More than 1,000 interns have taken part in the programs
- **How much?** It has cost about $20.5 million to deliver.

Queen of Green

LINDSAY COULTER
GREEN@METRONEWS.CA

HOW TO LIVE CITY GREEN

Are there listings of apartments, houses or even neighbourhoods in the Vancouver area that are particularly efficient and innovative in green ways? ***Sarah of Vancouver***

I'm not familiar with a database designed specifically for renters — or buyers for that matter — to locate green homes in a given Canadian city.

However, Leadership in Energy and Environmental Design (LEED) certified apartment buildings are easier to find.

The Canadian Green Building Council maintains a searchable list of projects currently registered on its website at cagbc.org.

While searching for that apartment of your dreams, ask the landlord a few questions to find out how green the building is.

For example:

- Is the suite painted with no- or low-VOC paints?
- Can you compost your food waste?
- Is there a programmable thermostat?
- Are the appliances Energy Star?

David Suzuki Foundation

Live Clean
This Year
Cleanse Your Body
Energize Your Life
Why You Should Cleanse
• Improves Health
• Increases Energy
• Improves Digestion
• Improves Elimination
• Reduces Toxic Load
• Reduces Risk of Chronic Health Conditions
First Cleanse is a unique, 15 day all natural herbal cleanse, formulated specifically for the 'first time' or 'sensitive' cleanser.
CleanseSMART is a 30 day, total body cleanse that works to eliminate toxic materials from the body and improve liver and bowel function.
Rapid Cleanse is a 7 day, therapeutic strength cleansing program that works to cleanse and detoxify your entire body.
Liver DETOX works to stimulate and enhance the liver's natural cleansing ability and improve overall liver function.
Receive $3.00 OFF your purchase of ANY* RENEW LIFE PRODUCT
Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada • 8 - 1273 North Service Road East • Oakville, ON • L6H 1A7.
* Limit one coupon per purchase (Individual Organic Fibre Bars, FitSMART Bars & DigestMORE 20 caps Excluded). Coupon expires February 28th, 2011.
RENEW LIFE PRODUCTS ARE AVAILABLE AT YOUR LOCAL HEALTH FOOD STORE.
TO FIND A HEALTH FOOD STORE NEAR YOU CALL 1-800-485-0960 EXT 3 OR VISIT WWW.RENEWLIFE.CA

TOP 10 of 2010

Sponsored by

ING DIRECT
save your money®

YOU VOTED! THE TOP 10 WASTES OF MONEY OF 2010 ARE:

1. iPad
2. Cigarettes
3. Alcohol
4. iPhone 4
5. Lottery/Gambling
6. Coffee
7. iBooks
8. Deals/Sales in store
9. Car
10. Gym membership

To see more Top 10's of 2010, visit **metronews.ca/top10**

SOURCE: Metro Life Panel Survey, January 2011, 216 respondents

metro life panel

PUPS GIVE A LEG UP ON LIFE

Turning Point

TERESA KRUZE
LIFE@METRONEWS.CA

▶ Jeff Collins, founder of K-9 Orthotics and Prosthetics Inc., poses with his dogs.

"I was suicidal for three years." Jeff Collins is very honest when he talks about the motorcycle accident that caused the amputation of his leg and left his other limbs severely damaged. But he credits a strong circle of friends and his own determination for pulling him through the dark moments of his recovery.

Unable to find a proper fitting prosthetic, Jeff went to school to learn how he could make them. While working on a plan to start his own business his beloved dog Stash injured her leg. Surgery was too expensive. Jeff was heartbroken until he realized that he could use the human techniques he had learned and make his dog a knee brace. Stash got better and Collins' technology is now used around the world from Australia to Europe.

Today, Jeff Collins celebrates the day that changed his life because it marked a turning point for him and the ground breaking technology he pioneered. It's his patients that give him the most joy. "They look up at me with eyes of gratitude and wagging tails. I'm so happy I can help these animals."

Animal instinct

- **K-9 Orthotics and Prosthetics** patients include dogs, cats, rabbits, llamas and even a moose
- Four hundred animals were helped last year.
- Collins' technology is now being used in Canada and around the world in Australia, Chile, Germany, The Netherlands, Sweden, Switzerland and the U.S.
- You can find out more at k-9orthotics.com

ACCOUNT MANAGER

Metro Vancouver is seeking a Retail Sales Account Manager to achieve regional targets for both print & online, plus page yields, by developing and growing an existing retail sales territory. As part of a highly cohesive sales team and reporting to the Retail Sales Manager, the successful candidate would have the following:

PRIMARY RESPONSIBILITIES:

- Manage an assigned retail sales territory and acquire market knowledge by becoming involved in the territory's community
- Design advertising programs to match clients' objectives
- Prospect for new accounts by soliciting new business in the marketplace
- Creatively negotiate rates in accordance with Metro's guidelines and restrictions
- Sell a portfolio of Metro branded products
- Develop comprehensive knowledge of interactive products and opportunities

REQUIREMENTS OF THE POSITION:

- Post secondary degree or diploma in a related field
- Valid drivers license and a vehicle
- At least 3 years experience in retail sales, media sales is an asset
- Proficient in Microsoft Office including PowerPoint, Excel, Word and Outlook
- Creative, efficient, flexible, entrepreneurial, collaborative, detail oriented

Submit their resume and cover letter via email to hr@metronews.ca no later than January 24, 2011. PLEASE QUOTE: "Retail Sales Representative - Vancouver" in the subject line. All submissions will be treated as confidential.

metro
www.metronews.ca

Write way to fight fright

Studies show that a quick free-write before a major test can be the difference between stress and success

A simple writing exercise can relieve students of test anxiety and may help them get better scores than their less anxious classmates, a new study has found.

The report, published in the journal Science, says students who spend 10 minutes before an exam writing about their thoughts and feelings can free up brainpower previously occupied by testing worries and do their best work.

"We essentially got rid of this relationship between test anxiety and performance," said Sian Beilock, an associate professor in psychology at the University of Chicago and co-author of the study with graduate student Gerardo Ramirez.

Psychologists, educators and parents have known for a long time that the way students perform on a test does not necessarily indicate what knowledge they bring to the table. Test anxiety is fairly common in classrooms, especially in the United States because of its "increasingly test-obsessed culture," Beilock said.

Test anxiety can lead to poorer grades and lower scores on standardized tests and college entrance exams, which can condemn talented students to inferior colleges.

The University of Chicago researchers found that students who were prone to test anxiety improved their test grades by nearly one grade point – from a B-minus to a B-plus, for example – if they were given 10 minutes before an exam to write about their feelings.

The researchers tested their hypothesis with college students in a lab setting and with high school students in the classroom, by first gauging the level of test anxiety and then offering the writing intervention to some students.

The researchers believe worrying competes for computing power in the brain's "working," or short-term, memory. If working memory is focused on worrying, it can't help a person recall all the information his brain stored in preparation for the test. It also affects the working memory's ability to stay focused.

Beilock said the idea for the writing exercise came from the use of writing to combat depression.

Expressive writing, in which people write repeatedly about a traumatic or emotional experience over several weeks or months, has been shown to decrease worrying in people who are depressed.

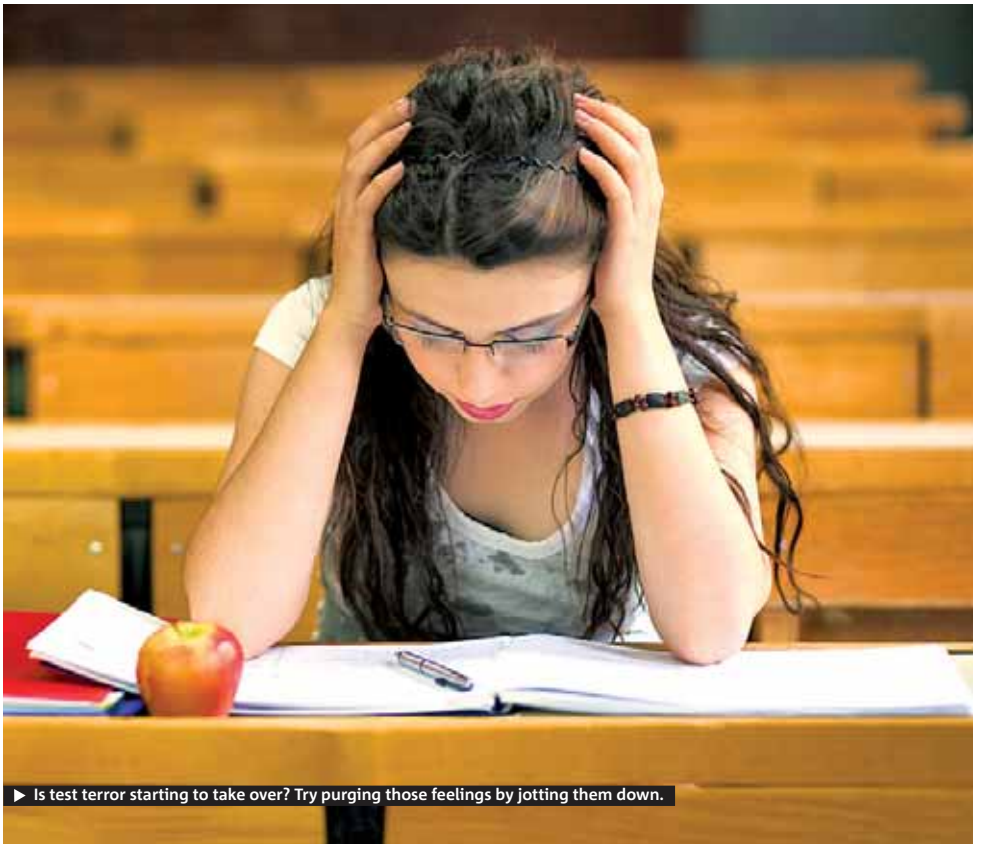
Beilock believes this research is applicable to all kinds of performance anxiety – from giving a speech to interviewing for a job.

"There's a lot we can do to change how we think about the pressures and thus how we perform," she said.

The next stage of the research project, which is supported by a grant from the National Science Foundation, will involve a look inside the anxious brain to see how it changes during stressful situations, Beilock said.

She also hopes to develop more interventions to help people perform better during stress. Her lab is looking at how awareness of stereotypes affect the way people perform, such as women and math phobias. THE ASSOCIATED PRESS

ISTOCK



▶ Is test terror starting to take over? Try purging those feelings by jotting them down.

RESIDENT CARE ATTENDANT
BC Government approved Curriculum & 8-week Practicum
- The Most Competitive Tuition Fee - $5900
- Student Loans Available & EI Funding Accepted
- Job Placement Assistance Provided

Daytime, Evening and Weekend Classes
www. rcit.edu
Royal Canadian Institute of Technology
Vancouver 604-879-5676 Surrey 604-588-7248

ISSofBC
Free English for ARCHITECTS COURSE

For architects who are:
- Landed immigrants or Permanent Residents
- Trained in another country, with Canadian Language Benchmark levels no lower than 6

This program will allow architects to:
- Improve their working language levels (as measured by the Canadian Language Benchmarks)
- Be better prepared to work in their area without communication and cultural problems
- Gain confidence in undertaking complex tasks and management positions in Canada

Continuous intake!
- Students may begin studies *any* Monday, from January 17 April 11th 2011 (last day of classes is May 14th)
- Students may choose their length of studies- between 4 and 17 weeks
- Afternoon and evening classes are available on part-time or full-time schedules

Contact: 604-684-2561 ext. 2180 learnenglish@issbc.org

Canada WelcomeBC
*This project is made possible through funding from the Government of Canada and support from the Province of British Columbia.

ISSofBC's Language College
also offers affordable English and French courses for international students, immigrants, and citizens.

Inquire today at 604-684-2561 ext. 2180
www.issbc.org learnenglish@issbc.org

Skills Connect For Immigrants Program
WANT A JOB THAT USES YOUR SKILLS AND EXPERIENCE?
We Can Help Put Your Skills To Work!
Call Us To Find Out More About:
Language Development, Training, Job Search and Connecting to Employers!
www.training-innovations.com/skillsconnect
Training innovations 604.298.4720, ext. 278
Canada BC WelcomeBC
The Skills Connect for Immigrants Program is part of the WelcomeBC umbrella of services, made possible through funding from the Government of Canada and the Province of British Columbia.

FITNESS LEADERSHIP DIPLOMA PROGRAM
Become a Personal Trainer
Morning, Afternoon & Evening Classes
EARN UP TO $70/HOUR
Govt financial aid may be available
Hilltop Academy
604-930-8377
www.hilltopacademy.ca

4 sports

Jets' play lives up to trash talk

Antonio Cromartie made it clear he couldn't stand Tom Brady.

Brady won't be too fond of the New York Jets cornerback after this one, either.

Following a week of trash talking, Cromartie and the Jets defence shut up in time to shut down the New England Patriots and their star quarterback in last night's 28-21 victory, which sent New York to the AFC championship for the second straight season.

JETS	PATRIOTS
28	21

Coach Rex Ryan had said it would be different from the Jets' last visit to Gillette Stadium, a 45-3 shellacking.

He was right. And his defence got the job done.

The Jets swarmed Brady, with five sacks and one interception — his first since Week 6. The Jets defence kept the Patriots from making many big plays.

Cromartie sealed the victory by recovering the Patriots' onside kick after New England made it 21-14 and returning it to the 25. He then put his finger up to his lip as if to shush the already-silent crowd.

Two plays later, Shonn Greene scored on a 16-yard touchdown run.

THE ASSOCIATED PRESS

JIM ROGASH/GETTY IMAGES

▶ Shonn Greene of the New York Jets runs downfield against the New England Patriots yesterday.

Quoted

"It's a big deal. We have a lot of history with them. We don't like them, they don't like us."

BEARS LINEBACKER BRIAN URLACHER ON THE PACKERS. THE TWO TEAMS WILL MEET NEXT SUNDAY IN THE NFC CHAMPIONSHIP GAME AFTER CHICAGO BEAT SEATTLE 35-24.

Wild do it again

Vancouver has lost its last four in Minnesota by a combined 21-6

The Minnesota Wild are the only blemish on the Vancouver Canucks' division record.

Anton Khudobin stopped 32 shots for his first career shutout and Minnesota beat Vancouver again, 4-0 last night.

Andrew Brunette, Martin Havlat, Matt Cullen and John Madden scored for the Wild, who had been outscored 13-2 in three straight losses, but managed to get the better of the Northwest Division leaders for the second time in three meetings this season.

"We're a strange team, there's no doubt about it, Brunette said. "You never know what's going to show up."

Vancouver has been shut out in two of its last three after a 17-game unbeaten streak. The Canucks are 10-0-0 against the rest of the division.

WILD	CANUCKS
4	0

The Wild are the first team to beat Vancouver twice in regulation this season.

"This is a great place to play, so it's tough to put a finger on it," Canucks captain Henrik Sedin said. "We have the same problem in Vancouver. It's one of those things."

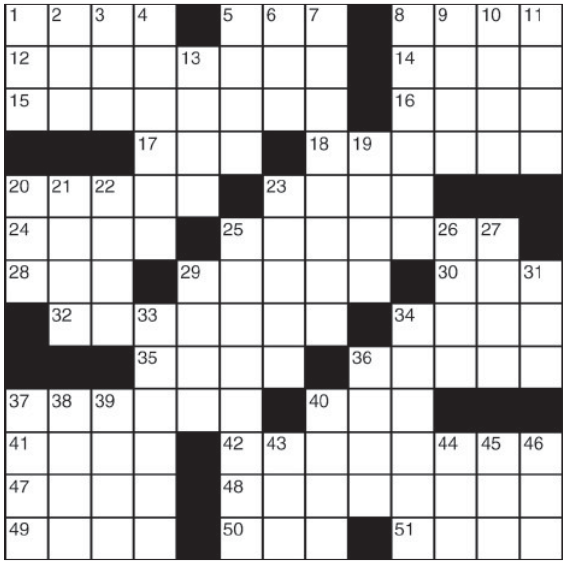
Vancouver played much of the game with just five defencemen after Andrew Alberts left midway through the first period because of a right shoulder injury. He will be re-evaluated today.

THE ASSOCIATED PRESS

ANDY KING/THE ASSOCIATED PRESS

▶ Martin Havlat scores a goal on Cory Schneider.

Crossword



Across

1 Flightless flock
5 Discoverer's call
8 Impale
12 About 2.2 pounds
14 Operatic solo
15 Interweave
16 Covers
17 Remuneration
18 Andean pack
20 Sacred song
23 Line of fashion?
24 "Zounds!"
25 Become twisted
28 Angry dog's sound
29 South African statesman Jan
30 Sphere
32 Ugandan city on Lake Victoria
34 Stereo forerunner
35 Love god
36 Undressed
37 Some kind of a nut
40 Charged bit
41 Stench
42 Interlude during a play
47 Dalai —
48 Faith
49 Prayer ending
50 Scale member
51 Lip

Down

1 — out a living
2 60 sec.
3 Last (Abbr.)
4 Lathered
5 Unrestrained indulgence
6 Actor Holbrook
7 Brunch entree
8 Deli meat
9 Spruce up
10 Verdi opera
11 Low voice
13 Summertime pest
19 Rules and regulations
20 "Little Women" sister
21 Shrek, for instance
22 Mountain lake
23 Ignores
25 Shelters among vines
26 Cranny counterpart
27 Sea eagle
29 Withered
31 Physique, slangily
33 Iran's capital
34 Cope
36 Seaweed used to wrap sushi
37 Soda pop flavor
38 Leading man?
39 A handful
40 "— have to do"
43 Ultramodern (Pref.)
44 Spanish hero El —
45 Dress (up)
46 Away from WSW

▶ Yesterday's answer

O	W	E	■	V	O	L	T	■	I	B	I	S
H	E	N	■	O	R	E	O	■	N	O	T	E
M	E	G	A	W	A	T	T	■	B	L	E	W
■	■	A	B	E	L	■	■	L	O	O	M	S
A	N	G	E	L	■	H	E	I	R	■	■	■
D	O	I	T	■	V	E	G	A	N	I	S	M
A	N	N	■	C	I	G	A	R	■	S	O	U
R	E	G	A	R	D	E	D	■	M	A	R	L
■	■	■	F	O	A	L	■	R	E	B	E	L
A	S	K	E	W	■	■	A	O	N	E	■	■
R	H	E	A	■	D	E	G	A	U	L	L	E
T	I	E	R	■	O	P	E	C	■	L	E	A
S	A	N	D	■	G	I	S	H	■	A	I	R

Sudoku

					5	4		
			4	1		9		
3	4	2				8		
1			9		6		5	
	2						7	
	6		8		7			4
		5				7	8	2
		9		5	8			
		8	3					

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	3	8	2	5	4	9	6	7
7	5	2	9	6	8	1	3	4
6	4	9	3	1	7	2	5	8
3	9	4	1	8	2	6	7	5
8	1	6	7	9	5	4	2	3
5	2	7	4	3	6	8	9	1
9	8	3	6	7	1	5	4	2
4	7	1	5	2	9	3	8	6
2	6	5	8	4	3	7	1	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

keysandstrings, There was always been you. I love you for who you are, and not for you use to be. I miss you so much more and more each day, my guardian angel.
LOVELOTS, LIL_FOUNDLING

Honey Bunny you're The One!!
Happy Birthday!
It's All Good!
SOMEDAY, RLK

Donnie with a ie, missing you so very much and i want to let you know that i would cross a entire world for you, put a smile on your handsome face and always hold you in my heart. Always your
BRANDY ROSE!

Ma chérie: One day someone taught me that, 365 days is a year, 60 minutes is an hour, and 60 seconds is a minute, But no one told me that a second without you is eternity.
YOUR ROUGH GUY.

Today 9°/3° Variable
Tuesday 6°/3° Showers
STAY PREPARED WITH OUR MOBILE WEBSITE. Visit theweathernetwork.com on your mobile.
©The Weather Network 2011

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Forget about the rules and ignore what other people say is the "right" way to act – the only thing that should matter to you is results.

♉ Taurus April 21-May 21 If you make an effort to reach out to others today they will make an effort to do things for you.

♊ Gemini May 22-June 21 Good fortune will come your way and no doubt it is well deserved. By all means enjoy yourself but don't lower your sights and be satisfied with less than you are capable of.

♋ Cancer June 22-July 22 The more you have done for others the more others will now do for you. Today's Sun-Uranus link will bring the kind of unexpected development that makes you glad to be alive.

♌ Leo July 23-Aug.23 Don't pretend that you are shocked by what you see and hear today when you knew it was going to happen. In a way you secretly hoped that certain individuals might behave outrageously.

♍ Virgo Aug. 24- Sept. 22 Anyone who tries to impose restrictions on you must be told in no uncertain terms that you will not be limited by their ideas of how you should behave.

♎ Libra Sept. 23-Oct. 23 You have you own way of doing things and if you should stick to it no matter how hard others try to persuade you to change your ways to something more "modern".

♏ Scorpio Oct. 24-Nov. 22 You will be a lot more sociable today and that's good because the more you get out and about the happier you are likely to be. There's a great party going on somewhere.

♐ Sagittarius Nov. 23-Dec. 21 You may be tempted to do something outrageous to get yourself noticed but is that such a good idea? Yes it is. In fact it's a brilliant idea.

♑ Capricorn Dec. 22-Jan. 20 The last few weeks have been special for you but what happens today will top it with ease. You may still have work to do but don't neglect your social life.

♒ Aquarius Jan. 21-Feb. 18 The Sun's entry into your birth sign later in the week marks the start of a more positive phase, one in which so many of your dreams will come true. In the meantime, stay alert for new opportunities. Expect the unexpected.

♓ Pisces Feb. 19-March 20 Act on impulse today. Do something on the spur of the moment. Not only will you enjoy yourself but you will impress important people with your can-do attitude.

SALLY BROMPTON

Caption contest

KEYSTONE, ENNIO LEANZA/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

KEYSTONE, ENNIO LEANZA/ THE ASSOCIATED PRESS

FLIGHT CENTRE Unbeatable
Puerto Vallarta
7 Nights 4-Star All-inclusive
from $437
+ taxes & fees $274
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. Package price is per person, based on double occupancy for total length of stay. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

WE SELL BOOKS FROM $1
CD'S FROM $2
DVD'S FROM $3
BOOK-OFF VANCOUVER STORE
636 HORNBY ST. 604-605-8887
A NEVER BEFORE SEEN USED BOOK STORE!
OPEN 7 DAYS A WEEK • 10am - 8pm

skilled immigrant infocentre
Vancouver Public Library Central Library, Level 4
350 West Georgia Street
Phone: 604-331-3624
Web: skilledimmigrants.vpl.ca
Employment information for career decisions
A free service for immigrants to British Columbia
Vancouver Public Library
BRITISH COLUMBIA The Best Place on Earth
Canada
Funded by the Government of Canada's Foreign Credential Recognition Program

Douglas College

You. Your future. Let's talk.

Attend an information session this month.
Visit **douglascollege.ca/info** for a list of dates, times and locations.

Learn about these programs:

Accounting
Animal Health Technology
Behavioural Interventionist
Bachelor of Business Administration
Business Management
Child and Youth Care Counsellor
Classroom and Community Support
Community Social Service Worker
Computing Science and Information Systems
Criminology
Dental Assisting
Disability and Applied Behaviour Analysis
Dispensing Optician
Early Childhood Education
Economics (Associate of Arts Degree)
Financial Services Management
Forensics (Associate of Arts Degree)
Health Care Support Worker
Hotel and Restaurant Management
Legal Studies
Marketing Management
Nursing
Office Administration
Print Futures: Professional Writing
Physical Education and Coaching
Physical Education Instruction (Post-Degree Diploma)
Psychiatric Nursing
Sport Science
Stagecraft and Event Technology
TESL
Therapeutic Recreation
University Transfer (Arts, Business, Science)
Youth Justice

10-260d

View our TV ad
to download a QR reader
please go to i-nigma.mobi